

Carrots



Brittany Martens
Team Nutrition Grant Educator

Overview

- Farmer's Markets
- Local Purchasing
- Hands on Fun
- Nutrition Education
- Recipes & Cooking Tutorials



Farmer's Markets

Tips to Approaching a Farm Booth and Negotiating Prices

- **Bring a business card.**
This will help you can stay connected about what is in season or be added to their mailing list. They may also use it to contact you later (see next bullet point).
- **Go early but be prepared to return later in the day.**
The best produce always goes quick, if you want the freshest and best, be there when the market opens. However if you want to get a great deal talk to the farmer about buying the end of the day produce at the close of the market. Believe me they do not want to pack it up and take it back to the farm, they want to sell it.
- **Have your elevator speech ready.**
30 seconds or less, what is your center, how many kids do you serve, why are you excited about serving more local foods to the kids? Are you using new curriculum that promotes local produce such as the Team Nutrition Toolkit or Harvest for Healthy Kids? If so, tell them about that as well.
- **Don't give up.**
There will be plenty of booths and farmers to chat with. Some may already have established deals with other people so keep trying until you find someone who is as excited about feeding children fresh food as you are.

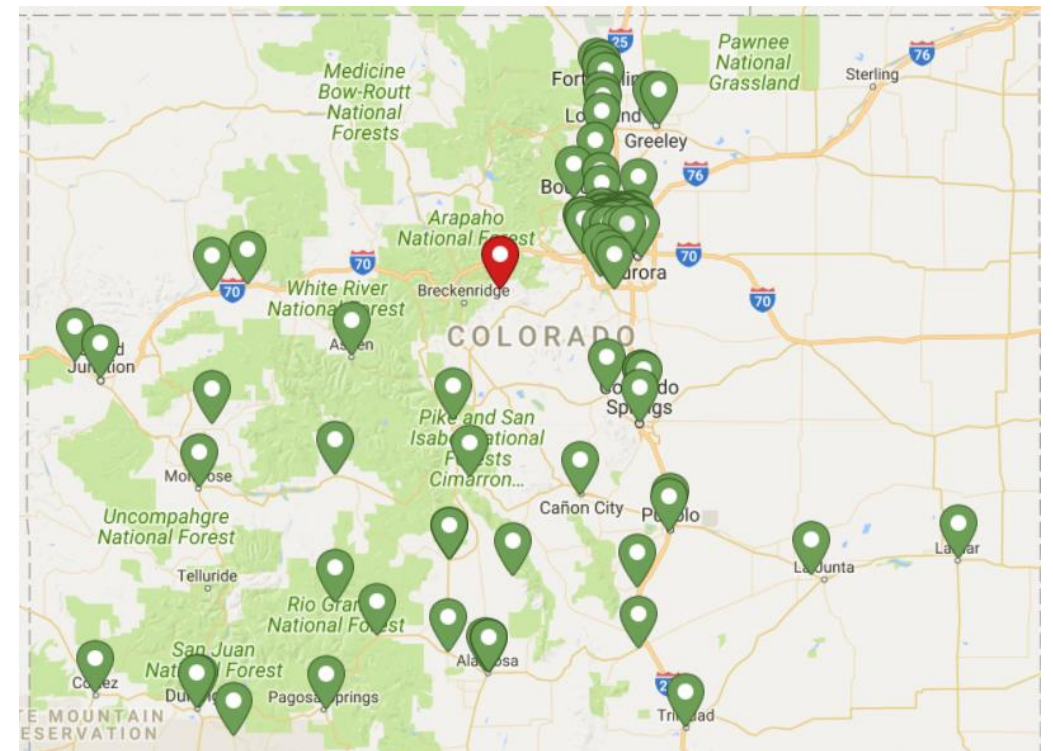


Find a location nearest to
you!

[Click Here](#)

Local Purchasing Benefits

- 485,000 Coloradans rely on Food Assistance
- Most SNAP participants receive \$1.41 per meal in benefits
- Dollar for Dollar match up to \$20 dollars
- Locations in every region of Colorado



Poll

We currently purchase ____% of our food locally.

- A. 0%
- B. 5%
- C. 10%
- D. 20% or more





Hands on Fun



CREATIVE ARTS

Watch our Garden Grow

OBJECTIVES:

1. Children learn that we can grow carrots in a garden.
2. Children review how carrots grow.
3. Children make their own carrot to display in the classroom "garden."



SPANISH

Zanahoria

VIETNAMESE

Cà Rốt

Here are some carrots! Carrots are root vegetables, like parsnips, rutabagas, turnips, and beets. Who has tried a carrot? What did it taste like? Sometimes we eat carrots raw. We can eat them plain. We can chop or grate carrots and eat in a salad. Sometimes we eat carrots cooked. Carrots are delicious when we roast them in the oven or stir fry them in a pan. Has anyone tried a pickle? Pickles are often made with cucumbers, but we can make them with other vegetables, too. Carrots are used to make tasty pickles!

SAME BUT DIFFERENT CARROTS



Orange Carrot



Purple Carrot



Red Carrot



Yellow Carrot



White Carrot

Gardening



SUN: Carrots can tolerate shade and sun as long as the soil temperature stays warm and the soil dries out after a rain.



WATER: Even moisture content is important. Depending on the soil type, increase water for sandy, well draining soils; decrease for heavy clay soils.



SOIL: To grow carrots, make sure your soil is loose to prevent misshapen carrots as they root down. You can increase aeration by adding nutrient rich compost and organic matter.



SEEDS: Seeds germinate best in the spring under cool, moist conditions.



PLANT: Carrots can be planted in early March through late July. Sprinkle no more than 3 small carrot seeds per inch in a burrow $\frac{1}{2}$ inch deep. Carefully cover with soil.



SPACE: Plant carrots about 3 inches apart.



CARE: Once seeds have germinated, thin small plants so that each root is 1-2 inches apart.



HARVEST: Carrots are ready for harvest around 90 days from planting, but can be pulled when they are a preferred size and tenderness. They can be kept in the ground during cool months if frost isn't a threat. **Note:** if left in the ground for extended periods during warmer months, carrots can become woody and over mature.



COLORADO

Nutrition Education

Vegetables



- Point to the green band of color on the poster and ask the children to name the color (green). Tell the children that foods from plants called vegetables are in the Vegetables group represented by the green color band. Point out the broccoli in the Vegetables group on the green band of the poster. Ask the children to name this vegetable (broccoli). Ask the children to name spinach's color (green). Explain that eating a green-colored vegetable, like spinach, often is a way to be healthy. Ask two children to come to the poster, point to a vegetable on the green section, and name the vegetable. After each child names a vegetable, repeat the name of the vegetable and state that _____ (the vegetable named) and other foods from the Vegetables group also help keep us healthy.



Purple carrots contain Anthocyanins which can reduce the risk of cancer and heart disease.



Carrot Macaroni & Cheese



Makes 16, ½ cup portions.

Each serving meets the bread/grain requirement and one vegetable component at lunch for 3-5 year old children. For a creditable lunch, add a meat/meat alternate serving, and 1/4 cup of another visually recognizable fruit or vegetable, and milk.

2 Cups Carrot (shredded)	¾ Cup Water
2 Cups Cheddar Cheese (shredded)	2 Cups Milk (divided)
3 Tbsps. Flour	2 tsp Salt
1 Pound WW Pasta	1 tsp Garlic Powder
2 Cups Green Peas	

Recipes



- 1) Prepare Pasta following manufacturer' s directions.
- 2) Drain pasta, and return empty pot to stove, turn off heat.
- 3) Shred Carrots using a box grater on 2nd to smallest option.
- 4) Bring ¾ Cup of Water, Carrots and Peas to a boil, cook for 7 minutes.
- 5) Place 1 Cup of Milk and 3 Tbsp. Flour in a jar with a tight lid, shake until well combined.
- 6) Using the same pot that the pasta was cooked in, turn heat to medium, combine milk/flour mixture, remaining 1 cup of milk and 2 Cups of cheese. Bring to a boil and stir frequently. (The sauce will not thicken unless the mixture boils).
- 7) Add Salt, Garlic Powder, shredded Carrot/Pea mixture (do not strain), and WW Pasta. Stir to combine and enjoy.

<https://www.colorado.gov/pacific/cdphe/cacfp-chop>

Poll

We serve mac n cheese _____ times monthly.

- A. 1
- B. 2
- C. 3-5
- D. More than 5 times monthly.

CHOP Cooking Tutorial

This month's tutorial features 5 ways to cut a carrot.



Sub grant Information

New Monthly Update Email specifically for Sub Grant Sites.

Monthly check in call to collect information pertaining to activities.

This call will eliminate the need to submit monthly activity sheets. 😊

If you are interested in receiving a Sub Grant from CHOP, please visit our website for more information.

<https://www.colorado.gov/pacific/cdphe/cacfp-chop>

We will begin accepting applications for the 2018 Grant year, in October of 2017.

Questions?

Brittany Martens

Team Nutrition Grant Educator

Colorado Department of Public Health and Environment



P [303-692-3080](tel:303-692-3080) | F [303-756-9926](tel:303-756-9926)

4300 Cherry Creek Drive South, Denver, CO 80246-1530

brittany.martens@state.co.us